

GULFPORT AREA MENTAL HEALTH OPTIONS

Stressed and want help but don't know where to go? We got you!

LOW



CHAPLAINS

- Command Chaplain: (228) 871-3080
Duty Cell #: (228) 265-0923
- 100% confidential
 - More than spiritual counseling
 - No reporting requirement
 - No referral needed
 - No health record documentation

F•O•C•U•S

FAMILIES OVERCOMING UNDER STRESS (FOCUS)

- Main #: (228) 822-5738 / 5736
- Provides resiliency skills training for AD military families and couples to include: Activated National Guard/Reservists, Coast Guard attached to Stennis, KAFB, or NCBC
 - No health record documentation



MILITARY ONE SOURCE

- Main #: (800) 342-9647
MilitaryOneSource.mil
- Non-medical counseling & life skills (financial, stress, coping skills, & individual/couples counseling)
 - Minimal reporting requirements
 - No referral needed or health record documentation



FLEET & FAMILY SUPPORT CENTER

- Main #: (228) 871-3000
- Non-medical counseling & life skills (financial, stress, coping skills, & individual/couples, children/family counseling)
 - Minimal reporting requirements
 - No health record documentation



MILITARY FAMILY LIFE COUNSELORS (MFLC)

- Rebecca Law: (228) 209-0116
- Embedded with PHT
 - Provided non-medical/non-crisis counseling to AD SMs/activated reservist & dependents
 - MFLCs embedded in local schools, contact NCBC SLO, Mona Odom (228) 871-2117
 - No health record documentation



PSYCHOLOGICAL HEALTH TEAM (PHT)

- Main #: (228) 822-5391 Duty Cell #: (757) 274-7392
- Evaluations, diagnoses, treatment and "neck-up/check-ups"
 - Can provide unlimited long-term counseling
 - No referral needed
 - Health record documentation



NAVY MEDICINE READINESS & TRAINING UNIT

- Primary Care/ Appt (228) 822-5792/5794
Behavior Health (228) 822-5710
- Medical psychotherapy, med management group treatment, SARP
 - Health record documentation



EMERGENCY ROOM SERVICES

- Contact #: 911 / Suicide Lifeline 988
- Danger to self, others, or gravely disabled
 - Closest ER: Memorial Hosp, Singing River Hosp & KAFB
 - Escorted by Command

INDIVIDUAL LEVELS OF STRESS

HIGH

DOWNLOAD THE NAVY'S MENTAL HEALTH PLAYBOOK

